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ABSTRACT

This book provides a comprehensive overview of a number of popular approaches to family therapy, pointing out the similarities and differences in various approaches. It opens with a brief overview of family therapy models. The following eight chapters discuss eight separate models of therapy: (1) Communication/Validation Family Therapy; (2) Bowenian Theory; (3) Structural Family Therapy; (4) Strategic Family Therapy; (5) Milan Model of Family Systems Therapy; (6) Solution-Focused Brief Family Therapy; (7) Adlerian Family Therapy; and (8) Integrative Family Therapy. Each chapter uses the same format to present the philosophy, goals, theoretical tenets, therapeutic process, and techniques of the most frequently used family therapy models. Additionally, the background of family therapy theorists, references to primary source books, and research findings are included in each chapter to promote thought and discussion among students. A final chapter offers descriptive summaries of seven additional family therapy approaches and provides references to additional resources. The text also includes an index. This book is designed for both beginning and advanced marriage and family therapy students and also for novice practitioners who need to review for licensing exams. (KW)

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